



OT AUSTRALIA NSW

Australian Association of Occupational Therapists - New South Wales

Professional Resilience and Health Care for Health Professionals

20 August 2010

Sydney

Northcott Conference and Function Centre
1 Fennell St, Parramatta NSW

8.30am - 4.30pm each day

Cost: Members: \$275 (includes GST) **Non Members \$550** (includes GST)
Include comprehensive notes, equipment as well as morning tea, lunch, and
afternoon teas.

*A 10% discount if attending more than one of Michelle Bihary Workshop Series on 18th, 19th and 20th August

OVERVIEW

This workshop explores the concepts of professional resilience, sustainability and self leadership as perspectives for enhancing professional wellbeing. Common factors that undermine the wellbeing of health professionals will be explored. Participants will have opportunities to recognise the strategic ways they can deepen self care and strengthen their professional wellbeing. Practical strategies will be a significant focus; and the value of bringing a mindful awareness and a shift in mindset will also be explored.

The workshop will address:

- Challenges to professional resilience amongst health professionals
- Positive self leadership and the inner default setting
- Stress management
- Energy management
- Emotional intelligence
- Mindfulness, being and personal spirituality
- Strategies to support professional resilience and wellbeing

Note: Although the workshop explores the overlap of professional and personal issues, the participants will not be expected to be personally revealing.

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Unit 20, 8 Avenue of the Americas
Newington, NSW 2127

Phone: (02) 9648 3225 Fax: (02) 9737 0023

By attending this Continuing Professional Development event you may be able to claim points towards the Accredited Occupational Therapist Program CPD points. Please check the CPD section in your AccOT manual.





Whilst health professionals busily address the quality of life of their clients, **what happens to their own wellbeing?** Often neglecting their own internal experience and needs, along with overwhelming demands, health professionals can experience burnout and compassion fatigue. Research into the wellbeing of health professionals indicates burnout and serious mental illness is on the rise. Stress related illness is an increasing occupational health and safety issue for health services, and coupled with the issue of workforce retention, has become a serious challenge to the viability of health service delivery. The current theoretical orientations that guide clinical practice are invaluable in assisting with the alleviation of illness; however to strengthen resilience and wellbeing, health professionals may need to look beyond clinical frameworks.

Research indicates that the development of professional resilience and enhanced emotional intelligence are protective strategies against professional burnout. Contemporary wisdom drawn from the corporate fields in leadership and energy management, eastern and spiritual philosophies and mindfulness provide evidence based and innovative ways to enhance professional wellbeing. The emerging concept of **self leadership** can be illuminated by these fields and interwoven with psychotherapeutic models, positive psychology, coaching and emotional intelligence to provide guidance for enhanced self care.

About the Presenter: **Michelle Bihary**

Michelle is the Director of The Delta Centre, a multi-disciplinary therapy centre located in Malvern, Victoria. Michelle draws on twenty-seven years of experience working as an Occupational Therapist, Individual and Family Therapist. Over the 12 years Michelle worked in the Victorian public mental health system (1981 – 1993), she developed expertise in the assessment, case management and treatment of a range of clients with mental health issues. As a team leader and Manager, she developed extensive experience in leadership within the public health sector.

For the past fifteen years Michelle has worked full time in private practice where she specialises in therapy, clinical and professional supervision, and training and consultancy services

Michelle has a warm, respectful and engaging manner and is able to establish good rapport with a variety of groups. She has synthesized the wisdom of 27 years of practice, with professional and personal development, and uses these to inspire and motivate others in their professional growth and development. Michelle presents in an interactive style providing a lot of opportunity for discussion, reflection, networking and fun. Michelle has been a keynote speaker, conference presenter and team building facilitator. Michelle's vision is to inspire people to cultivate the best in themselves and those around them.

To secure a place for this CPD event complete the following CPD Registration form and fax to OT Australia NSW Fax 02 9737 0023

NB: ONLY THE CURRENT OT AUSTRALIA NSW CPD REGISTRATION FORM WILL BE ACCEPTED

Available from : http://www.otnsw.com.au/download/2010_CPD_Form.pdf or telephone 02 9648 3225 .

Registration closes 18 July 2010 Places for CPD events are limited

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